

# Converging Shoulder Press

## G7-S23



- Independent converging arm movements provide a natural path of motion and increased exercise variety
- Dual-position hand grips allow for greater training variety
- Action Specific Grips provide greater comfort and minimal point pressure
- Counterbalanced pressing arm provides optimal starting resistance
- Reclining seat position allows for better posture and back support
- The optional Intelligent Training Console features Endurance, Build and Strength programs to give members a guided training experience specific to their goals

### ADJUSTMENTS

User adjustment range	7 position seat
Machine assisted user adjustments	Spring assisted seat
Color coded pivots & points of adjustment	Yes

### FRAME & CABLES

Available frame colors	Iced Silver, Matte Black, Gloss Black, Lace White, Polarized Titanium
Frame finish	Proprietary two-coat powder process
Cable transmission	Internally lubricated cables & fittings
Machine anchoring	Independent machine hold down brackets
Integrated leveling system	Yes, top-down leveler

### TECH SPECS

Overall "static" dimensions (L x W x H)	168 x 146.5 x 135 cm / 66.1" x 57.6" x 53"
Overall "in-use" dimensions (L x W x H)	168 x 146.5 x 174 cm / 66.1" x 57.6" x 68.4"
Product weight	359 kg / 792 lbs
Shipping weight	408.5 kg / 901 lbs
Rep counter machine usage tracking	Service mode tracks total machine reps and hours of use
Rep counter battery life	Approximately 3 years
Rep counter power supply	2 AA batteries

### USER AMENITIES

Front placards	Muscle call outs, exercise specific stretching, start & finish exercise illustrations, proper machine adjustments, color-coded machine identification
Rear placards	Color-coded machine identification, exercise specific stretching
Placard color coding	Yellow (upper body)
Rep counter	Electronic counter displays reps, exercise time and rest time
Personal storage	Two tactile storage mats, personal device cradle and towel hook
Action Specific Grips	Exercise specific grips improving feel, function and form during use

Contoured seat Yes

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## **WEIGHT STACK**

Total stack weight 90 kg / 200 lbs

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Weight plate increments 4.5 kg / 10 lbs

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Incremental weight system 1.1, 2.3, 3.4 kg / 2.5, 5, 7.5 lbs

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Max Training Weight 93.4 kg / 207.5 lbs

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Consistent 53" stack height Yes

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Weight stack guarding Full front and rear shields

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